



Holiday Sport Activities at Downham Market Leisure Centre

15th - 21st February 2010



February Half Term Activity Timetable

Monday 15th February

Water Walkerz (8-14 years) 9am-10am

Experience the latest craze to hit the pool – walking on water! Water Walkerz are giant Human hamster balls – just get inside and propel yourself across the surface of the pool! *

Fun Session (All Ages) 10am-11.30am

A fun session for all the family with large floats for all to enjoy!

Archery - (8-14 years) 12noon-1.30pm

A great opportunity to try your hand at one of the more unusual and exciting sports within a controlled session taught by our fully qualified instructors. Practice hard and become the next Robin Hood!

Art Attack (5-7 years) 2pm-3pm

A fun filled session with a variety of activities especially designed for children between the ages of 5 and 7 years.

Junior Bodyworks (8-14 years) 3pm-4pm

A fun introduction with a fully qualified Fitness Instructor that gives an insight into the Fitness Suite facilities available to Juniors. Improves general fitness, stamina and strength.

Tuesday 16th February

Water Walkerz (8-14 years) 9am-10am

Experience the latest craze to hit the pool – walking on water! Water Walkerz are giant Human hamster balls – just get inside and propel yourself across the surface of the pool! *

Fun Session (All Ages) 10am-11.30am

A fun session for all the family with large floats for all to enjoy!

Cricket (8-14 years) 1.30pm-2.30pm

A great chance to learn the correct techniques of playing cricket, while having lots of fun in a supervised environment. A fun filled session taught by a fully qualified instructor.

Tennis (8-14 years) 3pm-4pm

A great chance to learn the correct techniques of playing tennis, while having lots of fun in a supervised environment. A fun filled session full of activities and games taught by a fully qualified instructor.

Rollerskating (All Ages) 4.30pm-5.30pm

An open session for all ages where instructors are on hand to give extra guidance. The hire of skates is included in the price of the activity - please note we only have limited skates available for use.

Wednesday 17th February

Water Walkerz (8-14 years) 9am-10am

Experience the latest craze to hit the pool – walking on water! Water Walkerz are giant Human hamster balls – just get inside and propel yourself across the surface of the pool! *

Fun Session (All Ages) 10am-11.30am

A fun session for all the family with large floats for all to enjoy!

Art Attack (5-7 years) 12noon-1pm

A fun filled session with a variety of activities especially designed for children between the ages of 5 and 7 years.

Junior Bodyworks (8-14 years) 1pm-2pm

A fun introduction with a fully qualified Fitness Instructor that gives an insight into the Fitness Suite facilities available to Juniors. Improves general fitness, stamina and strength.

Junior Circuits (8-14 years) 2pm-3pm

This offers exercises that are developed to increase speed, stamina and strength. A fun enjoyable activity for all to enjoy.

Thursday 18th February

Water Walkerz (8-14 years) 9am-10am

Experience the latest craze to hit the pool – walking on water! Water Walkerz are giant Human hamster balls – just get inside and propel yourself across the surface of the pool! *

Fun Session (All Ages) 10am-11.30am

A fun session for all the family with large floats for all to enjoy!

Multisport (8-14 years) 12noon-1pm

A fun filled session full of a wide range of activities giving you the chance to socialise, have fun and learn the rules of sport!

Taekwon-do (5-14 years) 2pm-3.30pm

Gain confidence, learn to protect yourself, increase your self esteem, flexibility and make new friends!

Rollerskating (All Ages) 4pm-5pm

An open session for all ages where instructors are on hand to give extra guidance. The hire of skates is included in the price of the activity - please note we only have limited skates available for use.

Friday 19th February

Water Walkerz (8-14 years) 9am-10am

Experience the latest craze to hit the pool – walking on water! Water Walkerz are giant Human hamster balls – just get inside and propel yourself across the surface of the pool! *

Fun Session (All Ages) 10am-11.30am

A fun session for all the family with large floats for all to enjoy!

Football with Top Coaching (5-15 years)

10am-3pm

An all day course run by the fully qualified and well known coaches from 'Top Coaching'. Children are given the opportunity to learn new skills and improve on old one's whilst making friends. Children will need to bring lunch and drinks for the day. **(If weather permits, this activity may be held outside. Therefore we advise participants to bring both indoor and outdoor clothing.**

* Please note one slot in the Water Walkerz is for a duration of 10 minutes, participants are limited to one slot per day.



Swim Academy at Downham Market Leisure Centre

We offer an extensive range of Swimming Lessons including:

- Adult and Child
- Beginner
- Improvers
- Pre Competition
- Rookie Lifeguard
- Adult Lessons

For more information please
contact the Centre on 01366 386868



Swimming Pool Timetable

15th - 21st February 2010

	7.00am	8.00am	9.00am	10.00am	11.00am	12noon	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	10.00pm
Monday 15th	Public Session		Water Walkerz	Fun Session		Adults Only	Public Session		Swim Lessons			Public Session				
Tuesday 16th	Public Session			Fun Session		Adults Only		0tters	Public Session			Aqua Fit	WNSC Swim Club	Public Session		
Wednesday 17th	Public Session			Fun Session		Adults Only	Swim Lessons	Public Session								
Thursday 18th	Public Session			Fun Session		Adults Only	Aqua Fit	Public Session	Swimming Lessons	WNSC Swim Club		Public Session				
Friday 19th	Public Session			Fun Session		Adults Only	Public Session				Ladies Only	WNSC Swim Club		Public Session		
Saturday 20th		Swimming Lessons				Adults Only	Public Session		Fun Session	Available for Private Hire						
Sunday 21st		Public Session									WNSC Swim Club		Staff Training			

For more information please call Downham Market Leisure Centre on (01366) 386868. We reserve the right to call public out 5 minutes prior to the end of each session.

Child Admission Policy – All children under the age of 4 years must be supervised in the water 1 adult to 1 child by a responsible adult aged 16 years or over UNLESS they are wearing BS, EN or Kite Marked Armbands or Buoyancy Jackets, in which case they can be supervised on a ratio of 1 adult to 2 children. Children aged between 4 and 8 years must be supervised in the water 1 adult to 2 children by a responsible adult aged 16 years or over. Children over the age of 8 years are allowed to attend unsupervised.

Terms and Conditions of Bookings for Half Term Activities at Downham Market Leisure Centre

- On arrival for each session a responsible adult must accompany all children until they have been registered.
- Children must be collected at the stated time by a responsible adult presenting themselves to the staff on site.
- Continuous disruptive and unacceptable behaviour by any child will result in their removal from the activities.
- The facility reserves the right to cancel or change courses as deemed necessary
- Applications for refunds will be considered individually by the management, up until 48 hours after the booking is paid for, applications should be put in writing to the Operations Manager. Where applicable a refund or credit note will be issued if the cancellation involves a medical condition or injury which effects the customer's participation. The Centre reserves the right to cancel any course and a refund will be made in such circumstances. If a lesson is cancelled due to emergency evacuation, then the management will not issue a refund
- Parents of children under the age of 8 must remain on site at all times.
- For all courses please provide participants with a drink. For courses that are over two hours in duration a lunch break will be provided – please ensure that participants are provided with a packed lunch
- If you have any queries regarding activity sessions, please speak to the Duty Officer on shift.
- Payment for courses must be made in full on booking to guarantee the place
- We cannot accept Parents' Leisure Cards for over 5's as they are eligible for their own Leisure Card (fee paid annually)

Prices	Non-Leisure Card	Leisure Card	Concession Leisure Card
Water Walkerz	£1.50	£1.50	£1.50
1 Hour session	£2.00	£1.75	£1.50
1 ¹ / ₂ Hour session	£2.50	£2.25	£2.00
Top Coaching Football	£10.00	£8.75	£7.50

If you require any more information about any of the topics covered in this leaflet please contact the Centre on 01366 386868.

let's get
active
BY THE PEOPLE



Multi Use Games Area at Downham Market Leisure Centre

This Multi Use Games Area is available weekday evenings and weekends for hire. The area is floodlit, has a six-a-side pitch and is a great outdoor training facility for clubs

Please contact us for details on 01366 386868



Downham Market Leisure Centre February 2010 Half Term Activities Application Form

(Please Note: One Application Form Per Person)

Please return form to: Downham Market Leisure Centre, Bexwell Road, Downham Market, Norfolk, PE38 9LL
- 01366 386868

Name.....Male/Female

Age..... Leisure Card No

Address.....

.....

.....Postcode.....

Tel No..... Emergency Tel No.....

Please give details of any medical condition or special needs that the course organisers should be aware of:-

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Please tick the course(s) your child is attending.

All sessions are subject to availability, book early to avoid disappointment.

- | | | |
|--|--|---|
| <input type="checkbox"/> Water Walkerz 15th | <input type="checkbox"/> Tennis 16th | <input type="checkbox"/> Water Walkerz 18th |
| <input type="checkbox"/> Archery 15th | <input type="checkbox"/> Rollerskating 16th | <input type="checkbox"/> Multisport 18th |
| <input type="checkbox"/> Art Attack 15th | <input type="checkbox"/> Water Walkerz 17th | <input type="checkbox"/> Taekwon-do 18th |
| <input type="checkbox"/> Junior Bodyworks 15th | <input type="checkbox"/> Art Attack 17th | <input type="checkbox"/> Rollerskating 18th |
| <input type="checkbox"/> Water Walkerz 16th | <input type="checkbox"/> Junior Bodyworks 17th | <input type="checkbox"/> Water Walkerz 19th |
| <input type="checkbox"/> Cricket 16th | <input type="checkbox"/> Junior Circuits 17th | <input type="checkbox"/> Top Coaching Football 19th |

I enclose fees totalling £.....

(cheques should be made payable to **BCKL&WN**)

I have read and agree to the Terms and Conditions stated on page 3 of this booklet:

Print name..... Signed.....(Parent/Guardian)

Date.....

Please tick here if you do not wish any photographs of your child to be taken by Downham Market Leisure Centre or the press for use in future promotional work or to be published in the newspaper.

The names and telephone numbers given above are "personal data" within the meaning of the Data Protection Act 1998. As such, it will only be used by the Borough Council of King's Lynn & West Norfolk to confirm information relating to your booking or if we need to contact you in an emergency. Please note these details will be securely disposed of after Holiday Sport week has finished.

Please note: Places cannot be reserved without receipt of payment.

